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Jane Henney, M.D., Commissioner
Food and Drug Administration
5600 Fishers Lane, Room 1471
Rockville, MD 20857

~~July 19, 1999~~
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Dear Dr. Henney:

We want to let you know that my husband and I both strongly support Dr. Whittaker's position re the FDA promptly approving claims filed for saw palmetto and the symptoms of benign prostatic hyperplasia; psyllium husk seeds and the risk of heart disease; **folic** acid, vitamin B6 and vitamin B12 and cardiovascular disease; and vitamin E and the risk of cardiovascular disease.

We have been taking nutritional supplements for many years with wonderful results. We are ages 62 and 67 and enjoying excellent health as a reward. The only medications either of us takes is for hypo thyroidism. When we first began self education re our options for healing and prevention using nutritional supplements, we were each beginning to experience a few declining health symptoms. We are happy to tell you we have completely healed and have improved our over-all health considerably through natural methods, including nutritional supplementation, a more natural diet, stress reduction, and exercising. We are very fortunate to have "tuned into" the natural healing world when we did through excellent newsletters such as Dr. Julian Whittaker's to which we subscribed to learn how to do healing and prevention the natural way.

It is vital that product health benefits be printed on the labels of nutritional supplements. The general public has the right to know and needs to be educated as to the benefits of nutritional supplementation to cure and prevent disease, especially during these times of escalating conventional health care costs. We are in touch with many senior citizens. It is common for them to be on many medications. A common problem they have is when they get new symptoms, doctors give them more prescriptions. We have observed when many of them get progressively sicker, many of the symptoms are blamed on old age and accepted by both the doctors and the patients. Then a new doctor with a conservative approach will take over **reducing their** prescriptions and their health significantly improves.

We all have the right to be able to utilize the best of Western and natural medicine. We trust you will support this effort. Thank you.

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CROSS FILE SHEET

File Number: 99P-3029/c69

See File Number: 99P-3030/c69